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NR.656

## **AMENDMENTS**

## In the Claims:

1.-12. (Previously Canceled)

- 13. (Previously Amended) A system for self-monitoring by a moving person of body movements, comprising:
  - a) a video camera configured to generate a recorded video image or image sequence;
  - a monitor operatively coupled to the video camera for outputting the recorded video image or image sequence; and
  - an insertion component configured to insert at least one moving marker, indicating a predetermined movement or body position, into the video image or image sequence; to detect characteristic points, lines, contours, or equivalent characteristics of the person shown in the recorded video image, or of the displayed area of the person, while the person is not moving; to automatically adapt the marker in a manner dependent on a detection result; and to automatically adapt a size or insertion position of the marker in a manner dependent on the detection results;

wherein the insertion component is configured to detect characteristic points, lines, contours, or equivalent characteristics of the moving person or of a displayed area of the moving person, wherein the moving person is performing a body movement sequence and is shown in the recorded video image sequence, and wherein the insertion component is configured to automatically adapt the movement speed of the moving marker to the movement speed of the moving person or of a displayed area of the moving person.

14. (Previously Added) A system as claimed in claim 13, wherein the insertion component is configured for inserting at least one stationary marker that is stationary during the body movement and indicates a predetermined, ideal body movement.

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- 15. (Previously Added) A system as claimed in claim 14, wherein the insertion component is configured for inserting at least one stationary marker suitable for adjustment of the person with respect to the video camera.
- 16. (Previously cancelled).
- 17. (Previously Amended) A system as claimed in claim 13, wherein the insertion component is configured to automatically adapt a size and insertion position of the marker in a manner dependent on the detection result.
- 18. (Previously Added) A system as claimed in claim 13, wherein the insertion component is configured:
- a) to detect characteristic points, lines, contours, or equivalent characteristics of the person shown in the recorded video image or image sequence, or of the displayed area of the person, while the person is performing a movement sequence and is shown in the recorded video image sequence; and
- to automatically adapt the marker in a manner dependent on a detection result.
- 19. (Previously Amended) A system as claimed in claim 18, wherein the insertion component is configured to automatically adapt a size or insertion position of the marker in a manner dependent on the detection result.
- 20. (Previously Amended) A system as claimed in claim 13, wherein the system is configured for manually varying size or insertion position or movement speed of the marker.
- 21. (Previously Added) A system as claimed in claim 13, further comprising a storage component operatively coupled to the insertion component, wherein for a plurality of different predetermined body movement sequences, insertion data is stored for at least one marker, and the person may select from among the stored insertion data.

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- 22. (Currently Amended) A system as claimed in claim 13, wherein the moving marker comprises ong or more point(s) or line(s).
- 23 (Previously Amended) A system as claimed in claim 22, wherein the one or more point(s) or line(s) form a stylized person.
- 24. (Previously Added) A system as claimed in claim 23, wherein the system is configured for allowing the user to select from among different display forms.
- 25. (Previously Added) A system as claimed in claim 13, wherein the insertion component is integrated in the video camera.
- 26. (Previously Added) A system as claimed in claim 13, wherein the insertion component is integrated in the monitor.
- 27. (Previously Added) A system as claimed in claim 13, wherein the insertion component comprises a separate component within a communications channel between the video camera and the monitor.
- 28. (Previously Added) A system as claimed in claim 18, wherein the insertion component is configured to automatically adapt a size and insertion position of the marker in a manner dependent on the detection result.
- 29. (Previously Added) A system as claimed in claim 13, wherein the system is configured for manually varying size and insertion position or movement speed of the marker.

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- 30. (Previously Added) A system as claimed in claim 13, wherein the system is configured for manually varying size or insertion position and movement speed of the marker.
- 31. (Previously Added) A system as claimed in claim 13, wherein the system is configured for manually varying size and insertion position and movement speed of the marker.
- 32. (Currently Amended) A system as claimed in claim 13, wherein the moving marker comprises one or more point(s) and line(s).
- 33. (Previously Added) A system as claimed in claim 23, wherein the one or more point(s) or line(s) form an equivalent to a stylized person.
- 34. (Previously Added) A system as claimed in claim 32, wherein the one or more point(s) and line(s) form a stylized person.
- 35. (Previously Added) A system as claimed in claim 34, wherein the one or more point(s) and line(s) form an equivalent to a stylized person.